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BE PREPARED NOT SCARED

*Emergency Preparedness
Starts With You*

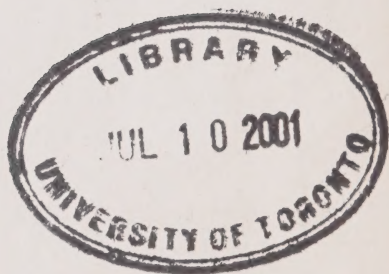
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BE PREPARED NOT SCARED

*Emergency Preparedness
Starts With You*



SAFE GUARD

BE PREPARED

PLAN for

EMERGENCIES

IN YOUR DAY-TO-DAY LIVING, DISASTERS MAY SEEM A DISTANT POSSIBILITY. YET NATURAL DISASTERS, SUCH AS FLOODS OR TORNADOES; TECHNOLOGICAL OR ENVIRONMENTAL ACCIDENTS, SUCH AS CHEMICAL SPILLS; OR SERVICE DISRUPTIONS, SUCH AS POWER FAILURES DURING THE WINTER, CAN STRIKE ANY COMMUNITY, INCLUDING YOURS, AT ANY TIME.

If you're unprepared for a disaster, it can shatter your life.

Expect the unexpected and plan for it... Knowing what to do when a disaster strikes will help you better control the situation and be in a better position to recover more quickly.

No community is equipped to handle all the demands of a catastrophe. Help your community by preparing yourself.



Make sure everyone in your family knows what to do before, during and after an emergency.

Set up a family meeting this week to discuss how you can best prepare for an emergency. Have your own plan.

KNOW what to do

BEFORE a

DISASTER STRIKES

WILL YOUR WHOLE FAMILY THINK

CLEARLY AND LOGICALLY IN A CRISIS?

NOT MANY OF US CAN. SO DO YOUR

CLEAR, LOGICAL THINKING NOW – WHEN

YOU HAVE THE TIME TO BE THOROUGH.

PREPARE NOW

Your best protection in any emergency is knowing what to do. Read this brochure, and act on its suggestions.

KNOW YOUR ENEMY

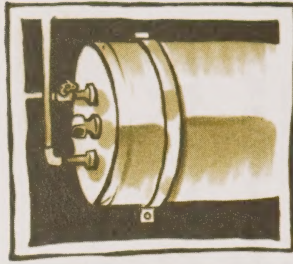
Find out what natural and technological disasters could happen in your community. Know what to expect during each disaster.

LOOK AT YOUR OWN SITUATION

Hazard-proof your home

Anticipate what could go wrong in your home and take corrective action.

If you live in an earthquake zone, move or secure objects that could fall and injure you: books, plants, mirrors, lamps, china. Secure objects that could tip and start a fire: water heater, gas appliances.



If you live in a tornado zone, secure anything that might be blown around or torn loose, both indoors and outdoors.

If you live in a flood-prone area, remove all chemical products from the basement. Move irreplaceable belongings to upper floors.

You can install a non-electric standby heating unit that is not dependent on a motor, fan, or any other electrical device to function. Vent the stove or heater adequately with the type of chimney flue specified for it. Never connect two heating units to the same chimney flue at the same time.

Post emergency numbers

Keep a list of key telephone numbers and addresses near the phone. (If there's been a major disaster, use the phone only if it's absolutely necessary. Emergency crews will need all available lines.)

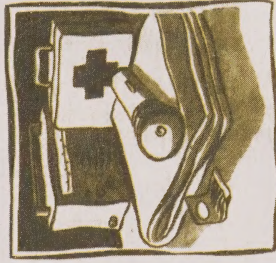
Check your insurance

Make sure you have adequate insurance coverage for the range of risks in your community.

PREPARE AN EMERGENCY SURVIVAL KIT

Aim to have an emergency survival kit that will keep you and your family self sufficient in your home for at least three days.

If you've got a flashlight, battery-operated or a crank radio, food, water and blankets, you already have part of an emergency survival kit. All you have to do



is assemble the supplies in an easy-to-carry container (in case you have to evacuate).

Keep a smaller survival kit in your car

A blanket, extra clothing, a candle in a deep can and matches can save your life.

OTHER PROCEDURES

Here are some other steps that can make your life more tolerable in the event of a disaster.

Choose an out-of-area or province family contact

Choose someone in another province to be your family's contact. After the disaster, it is often easier to call out of the region as the local phone lines might be tied up. Make sure everyone memorizes this person's name and telephone number and knows to call your family contact if they get separated from the family.

Have a show and tell

If you live in a house

Teach members of your family where and how to shut off the water, electricity and gas supply. Make big easy-to-see signs saying Breaker Panel (or main circuit breaker), Gas and Main water supply. Put these signs near the breaker panel, gas valve and main water valve.

If you live in an apartment

Show everyone in your family where the emergency exit is. Show them where the fire alarm is, and explain when and how to use it. In a fire or other emergency, don't use the elevators. You'll be trapped in the elevator if the power goes out.

Learn about other community emergency plans

Your kids' school and your work place might have their own emergency plans. Find out what they are and how they apply to you. You may be separated from your family and need to know how to get reunited. You can assist in educating your children about school plans, etc.

Avoid potential emergency situations

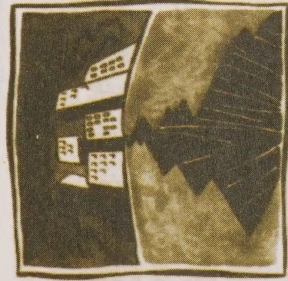
Heed weather warnings and avoid driving and other activities in hazardous weather conditions.



KNOW what to do

DURING a DISASTER

HERE ARE SOME BASIC PROCEDURES FOR SPECIFIC DISASTERS. (FOR MORE INFORMATION ON THESE AND OTHER DISASTERS, CONTACT THE OFFICE OF CRITICAL INFRASTRUCTURE PROTECTION AND EMERGENCY PREPAREDNESS, YOUR PROVINCIAL OR TERRITORIAL EMERGENCY MEASURES ORGANIZATION OR YOUR LOCAL RED CROSS OFFICE.)



DURING AN EARTHQUAKE
If you are in a building
Stay inside. Stay away from windows. Get under a heavy desk or table and hang on. If you can't get under something strong, flatten yourself against an interior wall, protect your head and neck.



DURING A TORNADO
If you are in a building
Go to the basement immediately. If there isn't one, crouch or lie flat (under heavy furniture) in an inner hallway or small inner room or stairwell away from windows. Stay away from large halls, arenas, shopping malls, and so on (their roofs could collapse).

If you are outside
Go to an open area. Move away from buildings or any structure that could collapse. Stay away from power lines and downed electrical wires.

If you are in a car
Stop the car and stay in it. Avoid bridges, overpasses or underpasses, buildings or anything that could collapse on you and your car.

If you are caught outside

If there is no shelter, lie down in a ditch or ravine, protecting your head.

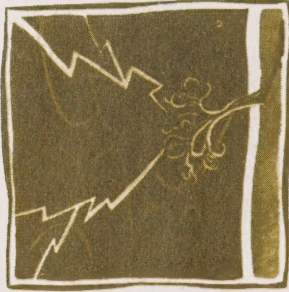
If you are driving

Get out of and away from the car. It could be blown through the air, or roll over on you. Lie down as above.

DURING A SEVERE LIGHTNING STORM

If you are in a building

Stay inside. Stay away from windows, doors, fireplaces, radiators, stoves, metal pipes, sinks or other electrical charge conductors. Unplug TVs, radios, toasters and other electrical appliances. Don't use the phone or other electrical equipment.



If you are outside

Seek shelter in a building, cave or depressed area. If you're caught in the open, crouch down with your feet close together and your head down (the "leap-frog" position). Don't lie flat – by minimizing your contact with the ground you reduce the risk of being electrocuted by a ground charge. Keep away from telephone and power lines, fences, trees and hilltops. Get off bicycles, motorcycles, and tractors.

If you are in a car

Stop the car and stay in it. Don't stop near trees or power lines that could fall.

DURING A FLOOD

Turn off basement furnaces and the outside gas valve. Shut off the electricity. If the area around the fuse box or circuit breaker is wet, stand on a dry board and shut off the power with a dry wooden stick.

Never try to cross a flood area on foot. The fast water could sweep you away.

If you are in a car

Try not to drive through flood waters. Fast water could sweep your car away. However, if you are caught in fast rising waters and your car stalls, leave it and save yourself and your passengers.



DURING A WINTER POWER FAILURE

Turn the thermostat(s) down to minimum and turn off all appliances, electronic equipment and tools to prevent injury, damage to equipment and fire. Power can also be restored more easily when the system is not overloaded.

Use proper candleholders. Never leave lit candles unattended.

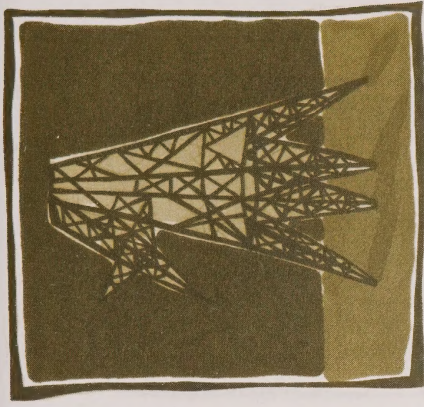
Don't use charcoal or gas barbecues, camping heating equipment, or home generators indoors.

Home generators are handy for backup electricity in case of an outage, but there are hazards to be aware of.

To operate a generator safely, follow the manufacturer's instructions, and always:

- Ensure that the generator operates outdoors in well-ventilated conditions, well away from doors or windows.
- Connect lights and appliances directly to the generator. If extension cords must be used, ensure they are properly rated, CSA (Canadian Standard Association) approved cords.

Direct installation of a generator to an existing electrical system should only be done by a qualified technician.



KNOW *what to do*

AFTER *a DISASTER*

RIGHT AFTER THE EMERGENCY, YOU MAY
BE CONFUSED OR DISORIENTED. STAY CALM
AND REMEMBER THE FOLLOWING
PROCEDURES.

HELP THE INJURED

Help anyone who is injured. Get your emergency survival kit (the first-aid kit should be with it).

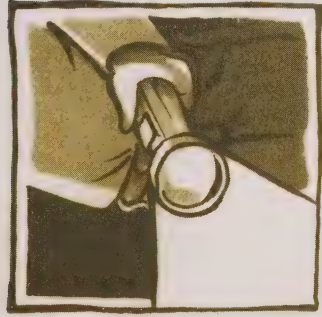
LISTEN TO THE RADIO

Listen to your local radio station on your battery-operated radio for instructions.

DON'T USE THE TELEPHONE

Don't use the telephone unless it is absolutely necessary. Emergency crews will need all available lines.





CHECK YOUR HOME

Check for damage to your home. Remember the following points:

- Use a flashlight – don't light matches or turn on the electrical switches if you suspect damage or smell gas.
- Check for fires, fire hazards or other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas, turn off the main gas valve, open windows and get everyone outside quickly.

- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately. Wear protective clothing.
- For major spills or leaks, call in professional help.
- Confine or secure your pets.
- Check on your neighbours, especially the elderly or people with disabilities.

IF YOU TURN OFF THE GAS, IT
SHOULD ONLY BE TURNED
BACK ON BY A PROFESSIONAL
FROM THE GAS COMPANY.

WATCH

for hazards

POST EARTHQUAKE HAZARD

Damaged buildings

Aftershocks

Water gets cut off

Power can go off

Tsunamis (huge ocean waves)

WHAT TO DO

Stay out of damaged buildings, even if they look okay

Stay put

Use emergency water from water heater, toilet tank, melted ice cubes.

If you live in an apartment, don't use the elevator. You'll get stuck in it.

If you live near the ocean, stay away from the waterfront.

POST-FLOOD HAZARDS

Contaminated drinking water

Use bottled water or bring water to a rolling boil for ten minutes, or add one drop of non-perfumed chlorine bleach per litre of water, or three drops per litre of cloudy water, and allow it to stand for 30 minutes before consuming. (Water should still have a slight chlorine smell.)

Contaminated dishes and utensils

Wash and sterilize dishes and utensils. Use boiling water or use a sterilizing solution of one part chlorine bleach to four parts water; then rinse dishes and utensils thoroughly.

Basement full of water

Drain the water in stages, about a third of the volume of water per day. (Draining the water too quickly can structurally damage your home.)

WHAT TO DO

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OTHER HAZARDS

Food poisoning

WHAT TO DO

Check food supplies in refrigerator, freezers and cupboards for signs of spoilage. When frozen food begins to defrost it should be cooked, otherwise it should be disposed of in accordance with the instructions from local health authorities.

Loose or dangling electrical wires

Stay away. Advise the authorities if you can.

Broken sewer and water mains

Advise the authorities if you can.

Contaminated flood water in the basement

Disinfect every three days if the flood is severe and the house is occupied for an extended period. For the average home, mix two litres of liquid bleach into the flood water.

Watch for mould

Mould is a health hazard. If mould is present wear a face mask and disposable gloves. Anything that stays wet long enough will grow mould. Dry everything quickly to avoid future health problems.

Be READY to EVACUATE

IF THE EMERGENCY IS SERIOUS ENOUGH,
YOU MAY BE ASKED TO LEAVE YOUR
HOME AND GO TO A NEARBY EVACUATION
CENTRE, LIKE A SCHOOL GYM OR A
COMMUNITY HALL.

IF YOU HAVE TO EVACUATE

- Leave immediately.
- Take your emergency survival kit with you.
- Listen to the radio and follow instructions from local emergency officials.
- If you are instructed to do so, shut off water, gas and electricity.
- Make arrangements for pets.
- Wear clothes and shoes appropriate to conditions.
- Lock the house.
- Follow the routes specified by the officials. Don't take shortcuts. A shortcut could take you to a blocked or dangerous area.
- If you have time, leave a note telling others when you left and where you went. If you have a mailbox you could leave the note there.

- If you are evacuated, sign up with the registration centre so you can be contacted or reunited with your family and loved ones.
- If you have to evacuate your home for a prolonged period during a winter power failure, drain the water from the plumbing system. Starting at the top of the house, open all taps and flush toilets several times, and open the drain valve in the basement. Drain your hot water tank by attaching a hose to the tank drain valve and running it to the basement floor drain. (If you drain a gas-fired water tank, the pilot light should be turned off – the local gas supplier should be called to re-light it!) Unhook washing machine hoses and drain.

EXPECT

emotional

REACTIONS

You won't "act like yourself" for a while
Most people caught in a disaster usually feel confused. They may tremble, feel numb, vomit or faint. Immediately after the disaster they often feel bewildered, shocked, and relieved to be alive. These feelings and reactions are perfectly normal.

Later many survivors sleep poorly, have no appetite, are angry with those around them, or panic at the slightest hint of a storm. Children might start thumb sucking or bed wetting. These feelings and reactions are perfectly normal too.

How to get back on track
Here are some suggestions to help get yourself and your family back on track after the disaster.

Talk about your feelings. Talk about what's happened.

Encourage your children to express their feelings. They may want to do this by drawing or playing instead of talking. Understand that their feelings are real.

Recognize that when you suffer a loss, you may grieve. (Yes, you can grieve the loss of a wedding photo or your grandfather's favourite ring.) You may feel apathetic or angry. You may not sleep or eat well. These are normal grief reactions. Do give yourself and your family permission to grieve and time to heal.



How to help your children

Children exposed to a disaster can experience a variety of intense emotional reactions such as anxiety, fear, nervousness, stomachaches, loss of appetite and other reactions. These are normal and temporary reactions to danger.

Parents can help relieve such reactions by taking their children's fears seriously, by reassuring them, giving them additional attention and hugging them.

**A CHILD WHO FEELS AFRAID
IS REALLY AFRAID.**

After a disaster, children are most afraid that

- the event will happen again
- someone will get hurt or injured
- they will be separated from the family
- they will be left alone.

So comfort and reassure them.

Tell them what you know about the situation. Be honest but gentle.

Encourage them to talk about the disaster. Encourage them to ask questions about the disaster.

Give them a real task to do, something that gets the family back on its feet.

Keep them with you, even if it seems easier to look for housing or help on your own. At a time like this it's important for the whole family to stay together.





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CHECKLISTS

Canada

THINK OF ANY SPECIAL NEEDS THAT SOMEONE IN YOUR FAMILY MIGHT HAVE. INCLUDE ANY OTHER ITEMS THAT YOUR FAMILY WOULD NEED. HERE ARE SOME SUGGESTIONS.

Babies/toddlers
diapers, bottled milk, toys, crayons and paper

Other family members
prescription medication, extra eye glasses (keep at least one week supply of medication in your emergency kit and include copies of prescriptions for your medicine and glasses.)

Pets
dog/cat food

LARGE ORANGE GARBAGE BAGS
MAKE GREAT RAIN PONCHOS.

CHECKLIST

EMERGENCY FOOD and WATER KIT

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes. And choose food that doesn't need refrigeration.

DRINKING WATER

- ☐ At least two litres per person per day

FOOD

- ☐ Canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits
- ☐ Crackers and biscuits
- ☐ Honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea

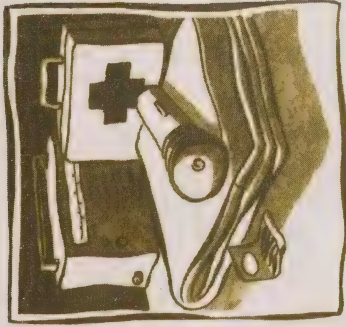
REPLACE CANNED FOOD AND
DRY GOODS ONCE A YEAR.

EQUIPMENT

- ☐ Knives, forks, spoons
- ☐ Disposable cups and plates
- ☐ Manual can opener, bottle opener
- ☐ Fuel stove and fuel (follow manufacturer's instructions.) Don't use a barbecue indoors.
- ☐ Waterproof matches and plastic garbage bags

CHECKLIST

EMERGENCY SURVIVAL KIT



KEEP SUPPLIES IN AN
EASY-TO-FIND SPOT

- ☐ Flashlight and batteries (in case the lights go out)
- ☐ Radio and batteries or crank radio (so you can listen to news bulletins)
- ☐ Spare batteries (for radio and flashlight)
- ☐ First-aid kit
- ☐ Candles and matches/lighter
- ☐ Extra car keys and cash (including coins/cards for telephone)
- ☐ Important papers (identification for everyone, personal documents)
- ☐ Food and bottled water (See "Food list")
- ☐ Clothing and footwear (one change of clothes per person)
- ☐ Blankets or sleeping bags (one blanket or sleeping bag per person)
- ☐ Toilet paper and other personal supplies
- ☐ Medication
- ☐ Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)
- ☐ Whistle (in case you need to attract someone's attention)
- ☐ Playing cards, games

CHECKLIST

CAR KIT



KEEP YOUR CAR GAS TANK
AT LEAST HALF-FULL AT
ALL TIMES.

- ☐ Shovel
- ☐ Sand, salt or kitty litter
- ☐ Traction mats
- ☐ Tow chain
- ☐ Compass
- ☐ Cloth or roll of paper towels
- ☐ Warning light or road flares
- ☐ Extra clothing and footwear
- ☐ Emergency food pack
- ☐ Axe or hatchet
- ☐ Booster cables
- ☐ Ice scraper and brush
- ☐ Road maps
- ☐ Matches and a 'survival' candle in a deep can (to warm hands, heat a drink or use as an emergency light)
- ☐ Fire extinguisher
- ☐ Methyl hydrate (for fuel line and windshield de-icing)
- ☐ Flashlight
- ☐ First-aid kit with seatbelt cutter
- ☐ Blanket (special 'survival' blankets are best)

PROVINCIAL/TERRITORIAL EMERGENCY MEASURES ORGANIZATIONS

British Columbia

Provincial Emergency Program (PEP)

Phone: (250) 952-4913

Fax: (250) 952-4888

Yukon

Emergency Measures Organization

Phone: (867) 667-5220

Fax: (867) 393-6266

Alberta

Disaster Services Branch

Phone: (780) 422-9000

Fax: (780) 422-1549

Toll free in Alberta,

dial 310-0000-780-427-9000

Northwest Territories

Emergency Measures Organization

Phone: (867) 920-6133

Fax: (867) 873-8193

Saskatchewan

Saskatchewan Municipal Affairs and Housing

Protection and Emergency Services

Phone: (306) 787-9563

Fax: (306) 787-1694

Manitoba

Manitoba Emergency Management

Organization (MEMO)

Phone: (204) 945-4772

Fax: (204) 945-4620

Ontario

Emergency Measures Ontario

Phone: (416) 314-3723

Fax: (416) 314-3758

Quebec

Territorial Directorate

Phone: (418) 646-7950

Fax: (418) 646-5427

Or one of the regional directorates:

Montréal

Monterégie et Estrie

Laval, Lanaudière et

Laurentides

(514) 873-1300

(514) 873-1324

(514) 873-1300

Outaouais, Abitibi – Témiscamingue et
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Saguenay – Lac-Saint-Jean et

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Nunavik

Mauricie et Centre-du-

Québec

Or one of the regional offices:

Sherbrooke

Saint-Jérôme

Joliette

Rouyn-Noranda

Gaspé

Baie-Comeau

Baie-Saint-Paul

New Brunswick

New Brunswick Emergency Measures

Organization

Phone: (506) 453-2133

Fax: (506) 453-5513

Nova Scotia

Nova Scotia Emergency Measures Organization
Phone: (902) 424-5620
Fax: (902) 424-5376

Prince Edward Island

Emergency Measures Organization
Phone: (902) 888-8050
Fax: (902) 888-8054
24/7 Inquiry Line: (902) 892-9365

Newfoundland and Labrador

Emergency Measures Division
Phone: (709) 729-3703
Fax: (709) 729-3857

Nunavut

Nunavut Emergency Management
Phone: (867) 979-6262
Fax: (867) 979-4221

For more information on emergency preparedness, please contact your provincial/territorial emergency measures organization.

To obtain copies of this or other publications in the self-help advice series: Floods – What to do before and after; Prepared for the Woods; Prepare to Survive a Major Earthquake; Severe Storms; Winter Driving – you, your car and winter storms, and Winter Power Failures, contact:

OFFICE OF CRITICAL INFRASTRUCTURE PROTECTION AND EMERGENCY PREPAREDNESS

Communications
122 Bank Street, 2nd Floor
Ottawa, Ontario K1A 0W6
Phone: (613) 991-7035
Toll free: 1-800-830-3118
Fax: (613) 998-9589
E-mail: communications@epc-pcc.gc.ca
Internet: <http://www.epc-pcc.gc.ca>

or

Your LOCAL RED CROSS Office
E-mail: feedback@redcross.ca
Internet: www.redcross.ca

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SAFE GUARD

Emergency Preparedness Partners in Canada

SAFE GUARD is a national information program based on partnerships and aimed at increasing public awareness of emergency preparedness in Canada.

The SAFE GUARD program brings together government, private organizations and voluntary agencies that are part of the emergency preparedness, response, recovery and mitigation community.

The triangle depicted in the program logo is the international symbol of emergency preparedness. The jagged line evokes the maple leaf, Canada's internationally recognized symbol. The amber yellow colour represents caution and warning.

SAFE GUARD is an Office of Critical Infrastructure Protection and Emergency Preparedness program.